CHRISTOPHER LIAM ROSE LIFE STORY

By

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A C K N O W L E D G M E N T

I wrote this book to tell my true personal life story of all the things I have been through to help other people and give back within my life. My life story is very deep and insightful with true-life experiences. I am passionate about helping other people and I want the readers to understand how important helping other people is. I hope this book will inspire you and help you to find a way to deal with what you are going through and to overcome any problems or difficulties you may be facing at the moment.

I also wrote this book to share my real joy, happiness, and the fulfilment I get from helping other people and being on a powerful journey to become what I want to be. My life story is no different from anyone else and I am not saying because I have been through a lot, I am better than anyone else. I just want readers to understand that I have suffered and gone through a lot of pain to get to this point, where I am helping other people and making a real difference in the world. My life story comes from humble beginnings and I will explain all aspects of my life to help you understand that the most rewarding passionate thing you can do is to help other people and get your fulfilment, joy, happiness, and personal satisfaction.

Everything in this book is real and all the life experiences happened to me.

I dedicate this book to all the people who have helped me in my life to get to this point where I can write my personal life story and share it with other people. I would like to thank Jesus Christ & God for giving me my faith and strength to continue to better myself as a person and giving me the blessing and grace to be able to write books. I would like to thank Paul Dorrington (Employment Specialist) for working with me when I had a mental health breakdown and getting me to the point where I recovered and was able to go back into work in good mental health. I would like to thank Karen Meechan (Clinical Psychologist) who helped me through counselling to open up about my problems and what I have been through in my life. I would like to thank Julie Pearson (Staying Well at Work Service Coordinator) who kept me well while I was working as a peer support worker.

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CHAPTER 1

The Beginning

I come from a very large family of seven. I have a twin brother, two older brothers and one sister. My mum and dad lived in a council flat in Battersea where they raised their children. I come from a very good home which was full of love, kindness, and happiness. But this soon changed as my parents started having problems in their marriage. My dad was a drinker and gambler, always going to William Hill in Battersea to make bets on horses. My mum was a caring, kind person who loves to cook and spend time with her children. Problems started in our home when my mum got tired of my dad drinking alcohol and gambling money away. This caused lots of tension between my parents which made things very difficult in the marriage. My mum made a choice which changed our lives forever, which was to have a divorce from my dad. I was only three years old when my parents got divorced and this was devastating for the children. The divorce had a negative effect on the children and it changed us completely. My twin brother and I found it hard to deal with our parent's divorce which led to us having behavioral problems. My mum decided to walk out on my dad and take all the children with her. This was a really big loss

for us all because we loved our parents together and we didn't want them to get a divorce and end their marriage.

My parent divorce was very difficult and my mother and father found it hard to be separated from each other which really affect my brothers & sister. My parents end in marriage was very difficult and this was going to have a massive effect on our family.

Divorce can destroy family and when my parents got divorce it really destroyed our family and this was very painful because all of us didn't grow up with our father within our lives. I do respect my parents' decision to get divorce but my brothers and sister has not fully deal with the pain and hurt it cause us. My mother & father are good people but because of having a large family of 5 children this really put pressure on their marriage. I believe the divorce of my parents first helped me to realize that sometimes you cannot save a broken relationship and sometimes the best thing for two people is to separate and find someone who they can be with and fall in love with. I do believe my parents love their children deeply but I know both my mother and father are hurting over the divorce.

CHAPTER 2

Growing Up in Tooting

After my parents divorced, my mum moved into many different places in Clapham. We all then moved to Tooting where I grew up. The area we moved into was called Rame Close which was an estate where many people lived. Growing up in Tooting was very hard as there were a lot of gangs, violence, and drugs. Most of my friends were drug dealers or into thefts, and the environment was all about making money and having the nicest cars and clothes. Rame Close was a very bad estate for children to grow up in because of the gangs, crime, violence. I believe this gangster mentality was affect all the children within Tooting Rame close which had a negative effect on upbringing.

The hood lifestyle in Rame Close was very grime & criminal. There was always lots of violence and crime on the streets and everyone want to be the biggest drug dealers, gang bangers, thefts within Tooting to show their reputation and character. The motivation for being the best grinder and hustler was all over the streets of Tooting Rame Close which made all of us become gangster, thefts, robbers, drug dealers. In Tooting

Rame close estate there was no positive role models we could look up to for inspiration or guidance. The people that the children look up to was the bosses, gangsters, robbers, thefts, criminal. The hood lifestyle is a very negative lifestyle which will completely destroy you and make you become a very negative person.

My twin brother and I were influenced by the gang culture as we lived in the estate of Rame Close where all this crime was happening. I became a thief and robbed people for their mobile phone, clothes, personal possessions. I was filled with anger and rage as I had a tough childhood after I saw my parents' divorce. My behavior got worst as I began to become more involved in violence and gang lifestyle. I was always frolicking with women and was a bit of a ladies' man as I always find new girls to form a relationship with. I wanted to be the best gangster and theft in Tooting and because lots of ladies really liked me this boast my self-esteem and ego as a young hood teenager.

The culture of the gangs' lifestyle was very interesting to me and my twin brother and we were completely influenced to be gang members and do all the bad things that we thought was good and enjoyable.

Me and my twin brother didn't want to be gangster or hood people but because of our upbringing of guns, drugs, women, jewelry, money, cars, violence we started to

become negative people who did the wrong things due to no guidance from parents or father figure.

I believe that growing up in Tooting was a very serious life experience because of all the gangs, gangster, violence, crime. People become a product of their environment due to the circumstances and upbringing. Most of my friends were going through gang fights and being sentenced to prison or some even being killed in the streets. Tooting is a great place but Rame Close is full of people who are lost within their lives which made things too difficult for me and my twin brother. I believe that life teaches you lessons from your life experiences and I believe all the negative things that I experience in Tooting Rame Close made me who I am today because I know about the hood lifestyle and doing thing that are wrong in society. I believe the pain and suffering I and my twin brother went through in Tooting Rame Close was our biggest learning lessons. The life lessons I learnt in Tooting is priceless but the regrets that I have done is very painful but I have learnt from my past mistakes.

CHAPTER 3

First Loss (Abortion)

I met a girl in the estate who I really started to like. One of my friends hooked us up and we began to talk with each other and build a bond. This relationship was going to change my life forever. One night, I went to my girlfriend's house and we had sex. This was the first time we had sex without a condom. It was a wonderful night and I stayed with her until the next day. We started to hang around Tooting together as a couple and it was an amazing relationship we were having. I had a friend who became very jealous of my relationship. As the relationship flourished, I got the news which changed my life forever. My girlfriend was pregnant with my baby. At first, I was completely shocked about the news as I was only fifteen years old and didn't have any real-life experience as I could not even look after myself. But I thought this would be what I needed to help change my life for the better. I decided to tell my family about the pregnancy of my girlfriend, my mum was very happy and supportive. My dad was shocked but very understanding about my girlfriend being pregnant.

At this time, there was a lot of violence, drug dealing, thefts and robberies around the estate which made it a bad environment to be in. I had a friend who was very jealous of me and began to spread rumors about me to my girlfriend. There was a time when I was chilling in my girlfriend's house and someone knocked on the door. The friend that was jealous of me was at the door and began to talk nasty things about my life to my girlfriend. This was the day I realized I couldn't trust my friend and was filled with anger. This really hurt me and I began to get very upset that a good friend would treat me this way. My girlfriend got very confused and upset which really complicated the relationship.

One day, my friend that betrayed me came to my house. I had borrowed him some money a few weeks before then andI decided to get my money back. I asked him "where is my money that I borrowed you", he started to laugh and began to talk under his breath "Aww, what money?" He was laughing and taking like it was some sort of joke. I was very angry; at this point, he went outside. As he walked outside, we began to have a fight. This fight was in the estate and all the neighbors started to get involved. My friend's mum called the police as she thought I was trying to kill her son. The police came and I was arrested.

This was another life-changing event for me. I spent days in the police cell because the police didn't want to release me straight away as they believed I could cause more harm to me

friend. After I came out of the police cell, I went back to the estate. I saw an old friend from the estate who came up to me. The old friend had something to say to me, he said “Chris something has happened”. I replied, “Hey, what has happened?” He said “That girl you were seeing, she had an abortion behind your back”. I remember going to the floor and I started to cry. My whole life came crashing down on me andI felt completely broken. This was the first major loss I experienced in my life (Abortion of my child) which had a major effect later on in my life.

CHAPTER 4

Drug Overdose Accident

After my first major loss (Abortion), I decided that I needed some time away from the estate. My older brother had a house in Clapham junction. So, I moved out of my mother's home and moved in with my older brother. One day, I was going to college, my older brother had a housemate, so I went into his room and met him rolling up a weed spliff. At this time, I had not begun smoking as I didn't like weed at all. I asked the housemate if I could have some of the weed. I started smoking the spliff and I managed to smoke all of it. This was going to be one of the biggest mistakes of my life. I left my older brother's housemate's room and went my way to college. As I walked, something happened to me. I felt like something jump out of my spirit and my mind started to go crazy. My mind was flashing and everything was going slow, my heart was beating really fast and my body felt like it was shutting down. It was a very major panic attack mixed with a fit. I blacked out completely and didn't know where I was at that time because I became unconscious.

After I blacked out, I woke up on a bench beside the bus stop. I was weak and my mind was hurting. I managed to get to the bus stop and got on a 44-bus going towards Tooting. When I got on the bus, I blacked out again and went unconscious. The bus drove through South West London as I lay unconscious. When I got up, I was already in Tooting, the bus driver and two strangers were pushing me to wake up because the bus had reached its final destination. At this point, I was completely high and confused as I didn't know where I was going. I managed to walk to St Georges' hospital as I was really in a poor state. When I got to the reception of the desk in St Georges' hospital, I fell to the floor and blacked out again. This was the third time I went into unconsciousness because of smoking that weed spliff I got from my older brother's housemate. When I woke up, I saw my mother and twin brother standing next to me when I was on the hospital bed. I said to them, "where did you come from?" My twin brother said "we were called by the hospital that you were in an accident. Then the doctor came into the room and said "you are lucky to be alive, you had a drug overdose and you suffer from an enlarged heart". This was the first time I knew about my heart condition. I was very scared and tired from going through my drug overdose. My family took me home and the doctor said "you need to take things easy and drink lots of water on your recovery".

Going through the drug overdose made me realize that I never wanted to smoke weed again because this was a mentally and emotionally dangerous situation. This drug overdose made me very fearful and scared of drugs because of the negative effect it has on you mind, body, soul. I really took the doctor who saved me advice very serious and try my best not to smoke weed due to my heart condition.

CHAPTER 5

Moving out of My Mother's House

When I got back home to my mother's house, I made a decision. I wanted to move out of my mother home because of all the bad experiences I had had in the estate. My mother and I had lots of arguments because of my behavior in the ghetto environments. I told my mum that I wanted to move out and leave the home. This got my mum very upset and she was very confused on why I wanted to move out of home. She was very shocked but respected my decision and my mum helped me to move out. I went to Wandsworth council with a bin bag full of clothes and told the council that I was homeless and was living on the park bench because I had been kicked out of home. The council told me that before they could allow me move into a hostel, they needed to talk to my parents as I was only fifteen years old and still needed a parental guidance. So, the council called up my mum and she told them about the situation and explained to them why I had been kicked out. The next day, the council wanted to have a meeting to discuss about my homelessness.

My mum and I went to Wandsworth council and had a quick chat about what we needed to say to help me move out.

We went into the meeting with Wandsworth council and had a discussion about me and the next step of the process. My mum helped me out a lot and told them about the arguments and problems we had been facing at home. This was very good and the council decided that I should move out of home and live by myself. At this time, I was going through a lot of emotions and mental health problems dealing with all the things in my past, the abortion which made me very sad and hurt. I was offered a place in a hostel called Samuel Johnson in Tooting/Streatham.

CHAPTER 6

Meeting My Partner in Tooting

One day, I was in Tooting with my cousins and I saw this beautiful girl walking near the bus stop in Tooting Broadway. My cousins said “you should go over and talk to this girl if you like her.” I said “yeah, you are right but I feel very nervous”. After a bit of convincing, I decided to walk up to this girl and talk to her. I remember talking to this girl at the bus stop, there was so much chemistry between us and I got her number after our conversation. I was so happy that I was able to talk to her and connect because I really liked her and thought she is the most beautiful girl I have ever seen in my life. A few weeks later, I started calling her and asked if we could go on a date, she agreed to it. We had a number of different dates which were all good and we started to build our bonds and love for each other. We both then decided that we wanted to go out with each other, so we started our relationship as a couple. This girl was very special to me and we had a good chemistry and really liked each other.

My partner was very kind and she used to look after me when I was living in the hostel. She would always visit me and

we spent a lot of time together, hanging out and having fun. I developed a deep feeling towards her and loved the way she looked. She was cute, pretty, and intelligent and she had so many good qualities in her character which I really respected. I showed my partner to all of my friends in my estate and everybody loved my partner and was happy for me. Being with her was some of the best moments of my life. I told my family about my partner, and my mother, father, brothers, and sister all loved her and felt she was the right person for me. My partner could not tell her parent about me at first because of the culture barrier, I was black, she was Filipino. My Partner struggle to tell her parent about me because her dad didn't want his daughter to go out with a black man because this was not part of the Filipino culture. My partner father wanted his daughter to have a relationship with a Filipino man and the man had to be educated and be able to provide for my partner. I was a gangster and black man who was always involved in crime and gang activities which was not good for my partner because she was brought up in a strict way by her parents to attend college & university and get good grades. My partner was very intelligent and she tried her best to keep me away from the gangs and streets life in Tooting (Rame Close Estates).

This was the first real relationship I had since my ex-partner and I felt like we were growing as a couple and becoming more connected together. We both wanted the same things as far as family, kids, marriage, and a home. I was with my partner

nearly every day and we spent so much time hanging out around Tooting. My partner was very lovely toward me and always showed me much love and respect which was great because I really wanted to be with someone who care about me and had love towards me.

CHAPTER 7

First Episode of Mental Health Breakdown

I was fifteen years old moving into a hostel and dealing with a lot of emotional and mental health problems. While I was living at the hostel, I was in a bad situation. I had no job and didn't know how to cook or manage the bills that needed to be paid. Due to me being so young and used to my mother doing everything for me, I was not used to the independence and I found it very difficult to manage living by myself. There was a time when I was hungry, and I did not know how to cook baked beans so I used a can opener and ate the baked beans cold from the can. This was shameful because I did not have any life skills to help me and I struggled very hard in the hostel. When I was younger, I didn't know much about life or how to work in a Job and look after myself which cause me lots of pain, hurt and emotional/mental difficulties.

One day in the hostel, I was very hurt and sad, I started to think about my life and all the problems I have been through. It was too much to endure, I had a mental breakdown and cried, it hit me so hard that the pain was unbearable. I was all

alone by myself crying and suffering, this was my first major mental breakdown in my life. Someone called my twin brother and the police.

I tried to commit suicide by taking a drug overdose of pharmacy drugs. As I was laying there on the bed lifeless, my twin brother and the police came to rescue me. This was one of the hardest painful experiences I ever faced. The police decided that I should go into hospital has I was unfit to look after myself in the hostel. I hit rock bottom and was completely depressed and unhappy with my life and this was scary as I had never ever felt so low before. I attempted suicide because I believed it was better to be dead than to live with all the problems I have been going through in my life. The pain of moving out of the home, the pain of my ex-partner having an abortion, and the pain of living the gang lifestyle all got the better of me and it was too much to endure.

This was the first time I experience anything to do with mental health difficulties and emotional challenges because at that time mental health was not really spoken about with my culture or gang communities.

When I was younger, I kept all my feelings and emotions inside of me and didn't talk to my family or partner about the way I was feeling and how my emotions were. I was very shame of my past mistakes and gang lifestyle I was living in theTooting streets which made it difficult to talk to family, parents, friends about what I was going through. Being young

and a gangster met you suppose to deal with your life challenges and mental health and your met to be a man who is able to manage and handle difficult life experience. This was not true for me because all of my past mistakes made me vulnerable and mentally unwell.

CHAPTER 8

Hospitalized at Springfield Hospital

This was my first time in Springfield hospital and wouldn't be my last time. I was sectioned and had to stay in the hospital for a few days. This was a very dark time for me as I was all alone in the hospital. I went through a lot of emotional and mental difficulties. I remember one time during my stay in the hospital, my uncle and cousin came to see me. My uncle started arguing with me, saying I want my granddad to die. This was not true. My cousin kept on attacking me even though I was already at rock bottom and sectioned in the hospital. This was one of the many painful experiences I faced. While I was in hospital, I was lost and confused, and didn't know how my life got to the point of being section in the hospital. I did not do much while I was in hospital, all I did was spending a lot of time alone thinking about my problems and feeling more depressed and unhappy. Being in Springfield Hospital was verychallenging because patients within the ward was very mentally psychotic and unwell. I really struggle to deal with my feeling and emotions while I was in Springfield Hospital which

made me really depressed and unhappy. Dealing with mental health breakdown was a very challenging thing and I felt so alone and isolated from my family, friends, partner which made me feel mentally unwell, anxious and vulnerable.

As time went on, I started feeling a little bit better. I was eating very well and exercised at the hospital gym. I was in a relationship at the time with someone I thought was my soulmate. We were very close until I became ill; she came to visit me in the hospital and supported me. My family came to visit me in hospital and showed their support. Even though I had the support from my partner and family, I still felt alone. This feeling of loneliness was something I felt deeply and one of the hardest things to deal with. When I was alone in hospital, though I looked healthy and well, the pain and hurt I was experiencing stayed with me.

My mental health difficulties were very challenging due to all the negative life experience and gang's lifestyle I was living at the time. Being in Springfield Hospital was not good for me and it made me feel like I failed in life and was not able to live life properly. I was very depressed because I was away from my partner and family which was very difficult but I realize that having mental health problems doesn't mean you cannot live a normal life. I was struggle to find myself in Springfield Hospital and I was learning more about my mental health conditions of Depression, Psychosis.

CHAPTER 9

In and Out of the Springfield Hospital

At this point in time, most of my life was been in and out of the Springfield hospital for my mental health condition because I kept having a relapse. This was a very painful experience when I was younger and it started to become like a regular routine. I will move out of the hospital, go back to my hostel, and then I would be back in the hospital. This was the process I was going through due to having a mental health condition. Being alone in the hostel made things worse for me. I was so unhappy, down, and sad.

I believe living in the poor environment of the hostels make me very mentally depressed because I was all alone without getting the right support for my mental health needs. Being in hostels was not the right environment for a young person who suffer with mental health problems. I felt like my life was falling part due to always been unwell and keep on having mental health relapse. I didn't understand my mental health condition of depression and psychosis and because I was so young while dealing with all my life experience and life problems this made

it more difficult to cope with my past and mistakes that I have made which cause me to go more deeper in depression and have relapse of mental health difficulties. My family & Partner did try to support me with my mental health difficulties but I was unable to look after myself properly and my negative past and gang lifestyle had the ultimate effect on my personality, character, mental health, feeling, emotions. I felt unworthy because of all the past mistakes I have had and I feel worthless because I didn't have no self-confidence in myself and I didn't believe I can change my life for the better. My menta l health difficulties make my life so destructive and I was finding it very hard to manage my feeling and emotions. I believe my past had a lot to do with my mental health difficulties and challenges because I grow up in a negative lifestyle of gangs and violence which was causing me distress and unhappiness.All of my past mistakes and negative life experience really made my life difficult and the hurt & pain I have experience made me deeply depressed and unfulfilled.

CHAPTER 10

Moving into Servite Housing

A turning point occurred in my life when I was in the Springfield hospital. Instead of going back to the hostel, I was moved to Servite housing in Balham. This was a breakthrough and a very important change. My family and partner were happy that I was moving into Servite housing. I moved into Servite housing because they were going to support me by looking after my mental health and getting me into my own accommodation. Servite housing is a housing provider that helps people who need accommodation. This one change was the start of a new beginning. I was no longer in the hostel which made me depressed and unhappy. I was living in a very nice house with my own bedroom to sleep in and chill out in.

Servite Housing was a nice environment I lived with other tenants in the home and I live in my own bedroom but shared the Bedroom, Kitchen, Living Room, Garden. Servite Housing had staff, managers in the home which tenants can go to for getting support with housing issues, rent issues, benefit issues, mental health issues. Being in Servite Housing helped me to

feel better because it was a better environment then the Hostel in Tooting/Streatham.

CHAPTER 11

Life at Servite Housing

When I moved into Servite housing, my life started to change for the better - so I thought. I began to go to college and studied business studies in South Thames College (Wandsworth). I met new friends, and I found a job as a customer service advisor in a company called Woolworths. I was always a bit of a ladies' man and my lust started to get the better of me. There were lots of girls in college that I liked even though I was in a deep relationship with my partner. I started to lie and cheat on my current partner; this turned out to be a big mistake. I was not a perfect person and my lust for ladies and women got the better of me. I would be bringing ladies to my bedrooms and sleeping with them. I didn't understand the important of being in a real relationship was cause me so much pain because I really did care about my partner but because I was a lie and cheater, I felt guilty and unworthy was being with my partner because she was a good person who really did love me.

One day, I didn't know why I decided to tell my partner that I met someone and liked her. This broke my partner and she

started to cry and got very emotional and upset. I felt like I had to be honest with her since she helped me to get better in my recovery from a bad mental health condition. During this time, I didn't go into the hospital and managed to keep myself well, but there was always this feeling of fear in my heart that I couldn't control which made everything worst. My partner and I began to have many arguments. I can imagine how painful it must have been to hear that your partner was cheating on you. At this time, I was doing a lot of bad things. I was smoking, drinking, having sex, and misbehaving. But this burning pain in my life was hanging over my head and I could not get it out of my mind.

Eventually, my two years ended with Servite housing. I received so much support during that time and it helped me to understand how to look after myself. I was then offered a place in Battersea. The flat was in a poor condition when I first got it, everything was dirty, and the floor was damaged. It was not the best of place to be in. At this time, I had no choice but to accept the offer. My relationship was suffering at that time and was finding things difficult with my partner. I was still young when I was offered this flat and this made me happy, but the flat was not in a good condition. Battersea Fields Organization (my Landlord) said to me that they were going to repair my flat before I move in to the accommodation. I officially moved to Battersea on the 28th of June, 2008 and signed the paperwork with Battersea Field Organization to have the rights to live in

the flat. This was a huge change from being in supported housing to living by myself again. At this point in my life, I did learn new life skills to help me look after myself while I live in my own accommodation.

Living in my own accommodation was very good because it gave me some level of independent as a young man and I realize it gave me freedom to do the things I really want to do which was really great to me but the condition of my flat was in a very poor condition which did affect me mentally.

CHAPTER 12

Moving into My Flat in Battersea

I was with my partner when I moved into the flat in Battersea. We were still having a lot of problems and arguments. Moving into Battersea was a really tough experience. The flat was in a poor condition and I started to feel depressed again. I was hanging around with lots of different people. I was still smoking, drinking, partying, chasing women, lying, cheating, and living a really poor lifestyle. I became depressed due to getting a flat that was not in normal living standard; it was in a very poor condition with damp, and mould everywhere around the flat. The environment made me feel very insecure and even sometimes suicidal because it was not fit for anyone to really live in. I had no choice but to live in the flat and deal withthe poor conditions of the accommodation. Battersea Field Organization did not do anything to fix the flat even though I made complaints and reported about some of the concerns that I had in the accommodation.

Battersea Fields Organization was not a good landlord to me and didn't treat me with the respect and dignity I needed.I realize that if I was going to get my flat repaired, I would need

to complaint to senior management and find a way for Battersea Fields Organization to fix my flat.

CHAPTER 13

Ending of My Relationship with My Partner (Second Loss)

It got to a point in my relationship with my partner where it was becoming too much. I treated my partner badly as I continued lying, cheating, misbehaving and the arguments were getting too much to bear. My partner decided to break up with me. This completely broke me; I was so hurt that I lost someone I loved. This was the second major loss I experienced which destroyed me. After this moment, I started feeling alone, depressed, angry, hurt, and broken. Being single was very hard to deal with as I had been in a relationship with my ex-partner for over five years.

I believe my partner made the right decision to break up with me because I treated her badly and I was a liar and cheater which was not good. I think if I could have been a better boyfriend to my ex-partner and didn't deal with so much mental health difficulties and life challenges maybe we could of still be together. I do believe the arguments and fights that me and my partner had was unhealthy and cause to much conflict in our relationship. I learnt an important life lesson

from the break up that I need to treat woman with respect and dignity because if your relationship it is a 50 /50 partnership you work together to manage your relationship. I realize that I got a lot of learning to do when it comes to relationship and being with partners.

CHAPTER 14

Finding Passion for Music and Starz Gang Rockstarz (Founder & CEO)

I got very depressed and tried to commit suicide again by taking another drug overdose on pharmacy drugs. I was put back in the hospital at Springfield again. This was another rock bottom for me as I was all alone with my mental health problems and my loss. After some time, I was taken out of the hospital and moved back to my flat. I got myself a piece of paper where I wrote my feelings and thoughts down. I didn't know at the time, but this would be a start of my new discovery in music. I wrote my first ever song called Power & Pain because this is what I was experience within my life at that time. I had the power to change my life but I was still living in suffering and pain which was causing me distressed, anxious, anger, resentment.

As a child, I was always passionate about music. I used to get my cousin to record music videos on a tape and he would give it to me to watch at home. Music was something that I

always had an interest in. I began to write lyrics on the piece of paper in my flat. It was a big discovery and it changed my whole life. I began to fall in love with music and would spend days in my flat writing, recording, and producing music. Music was going to become the most important thing in my life because I felt that Music was a way to express myself and create music which was really personally to me. The discovery of Music made me very passionate and I realize I have a life purpose to create music for Humanity, Animals, Universe and be a musician.

I was very passionate about creating music and recording music so I founded a Music – Media – Entertainment Company called Starz Gang Rockstarz (SGR) which I was the (Founder & CEO) in June 2010 on Reckyz Rose (SGR) YouTube Channel. Where I would release Music Videos, Singles, Tracks, Songs, Albums, Eps that I recorded in SGR. I also legally registered Starz Gang Rockstarz (SGR) as a Limited Liability company on Companies House in November 4th 2013. This was a massive step for me because I have never run a business before or legalize a company of my own but I realize my passion for music was so amazing that I want to work in the music business and be a musician who help musicians, creators, artists within the SGR Company.

Being a Rapper, Music Producer, Musician was one of my major passions in Life and for the first time in my life I found something that I was very good at and really enjoyed with a

deep enjoyment and fulfilment. I would record music in my home studio in my flat in Battersea for Hours & Hours because the music gave me so much energy and fulfilment. Music is something that has always been an apart of me and I really grow as a Musician, Rapper, Music Producer in the SGR company. I would spend all my time recording music in my home studio and I started to really take the music I was making serious because this was my passion and I wanted to pursuit becoming a musician. Making music is something spiritual and I feel I am living my life purpose when I am creating positive creative music for fans, followers, family, friends to listen to. Starz Gang Rockstarz was created because I want to build a company where we can spread love & peace through music expression and I want to build a Music – Media – Entertainment company that will change the world for the better and help humanity, animals, universe. Starz Gang Rockstarz was a revolution Music – Media -Entertainment company and was all about changing the world and society for the better through love & peace. Starz Gang Rockstarz was always about Positivity and Creativity and all the Musicians & Artist within SGR create really amazing music and content. I want to make sure I founded a business basic on my passion and love for music because this was very important to me as a CEO & Founder and I believe that SGR would be the most internationally independent Music – Media – Entertainment company within the world which promote positive change & hope for the next generations of Musicians, Creators, Artists.

As a Musician in Starz Gang Rockstarz I made sure I had a very strong work ethic and I was always creating musical content for Reckyz Rose (SGR) YouTube channel. This was important because build a brand & company is not an easy thing and you need to work very hard to make your business dreams & desires come true. I would record music within the middle of the night in my Home Studio which was very important for me because I made great music when it was silent and quiet. As a musician my rapping and music production skills grew and I was become a well-established Musician, Rapper, Music Producer. I would also be working on lots of music within independent musicians within the underground music industry and I was a musician that was focused on creating Music Albums for fans, followers, family, friends.

CHAPTER 15

Meeting a New Partner and Studying Business Management at Westminster University

I was falling in love with music as I had found something I was passionate about. While working at a shop called Blacks, I started searching for a new job. I found a new job in Selfridges in a company called Pinkberry. This job was a very hard job. At this time, I was single, still smoking, drinking, getting tattoos, and partying. I met my partner at work when my eye started to wonder and I kept asking my colleagues “Who is that? I like her”. My new partner worked in a shop next to Pinkberry, selling donuts and coffee to customers. We started talking and built a connection together. We built a close bond and something in my spirit was connecting to her; call it intuition. I began to feel a spiritual connection between us and it was a good feeling. We started to hang out and go to different restaurants and bars. We both decided that we wanted to be together so we started our love relationship.

As I was finding love with my new partner, I was also studying in Business Management Degree at Westminster University in Marylebone Campus. This was the first time I was an undergraduate in university and to be very honest University was not the right environment for me because I was a very creative person and passionate about music & arts. In Westminster University I attended Business Management classes in Business, Management, Finance but when I was studying in the business classes It was very boring and I found the paperwork too much to deal with because of my dyslexia and mental health conditions. I tried my best to stay in Westminster University but my passion for music and entrepreneurship was growing inside of me and I realize after a few months of studying my Business Management Degree in Westminster University that I want to quit and leave Westminster University because I wasn't ready to be a student in University and I really want to pursuit music and entrepreneurship. When I was a student in Westminster University, I did attend all the parties and University events with my friends and fellow students but this wasn't the things I wanted to spend my time doing. I would go to Westminster University library within the night time from 10.00 – 06.00 doing work on my SGR Business and growing my Reckyz Rose (SGR) YouTube Channel. I realize my passion for music was so important to me and I knew the more time I put into the music & SGR Company the best results I will see in the business and I would build a worldwide following of fans & followers.

Spending time in the night time focus on Music, SGR, Business was very rewarding and I really enjoyed being my own individual pursuing my dreams & desires to become a Musician, Rapper, Music Producer. While I was at Westminster University, I started to create a Series of Shisha Sessions where all my friends will come together to smoke shisha and socialize together. I created lots of shisha sessions events at Westminster University and everyone really enjoy the smoking of shisha and socialize. I have to be honest that I know smoking is not good for you and I only really smoked shisha with my friends & fellow students but this was part of my Westminster University student experience.

My music was getting better and better with time and I began to write more music with new inspiration. This was one of the best times in my life. I was so happy and full of love. Creating music and being in a relationship was amazing to me. My new partner and I spent a lot of time together, exploring different areas and going to different restaurants. I made over twelve to fifteen music albums during that time. I used to create music videos and edit it, and then post it on the internet to build a social media presence. I felt so positive and happy, and for the first time in my life everything felt good and positive.

CHAPTER 16

Ending of My Relationship with Partner (Third Loss) and Quitting My Business Management Degree at Westminster University

As I was a Student in Westminster University studying Business Management degree, I realize that I need to quit my degree to fully pursue music and entrepreneurship. I made a hard decision to quit my degree in Business Management to build Starz Gang Rockstarz (SGR) company. One day at Westminster University I went to the student department and said to the student team that I have made a decision and I want to quit my degree to pursue my business in music and entrepreneur. The staff said are you very sure you don't want to study your Business Management degree and I was Yes; I want to leave & quit my degree. The student team did all the paperwork they need to do for me to leave my degree and then I was official a university dropout but I knew this was the best decision for me to make at this time in my life. University life wasn't for me and

because I found my passion in my music and entrepreneurship, I wanted to really pursuit it.

Just when I thought my life was at a point where everything was sweet and joyful, something happened. I lost my job; I cannot remember what job I was doing but I did lose my job. After I lost my job, my partner and I started having problems. We began to argue and talk about the past like past relationships, situations, and circumstances. At this point, my partner decided to break up with me and this was around June, 2014. This was a devastating blow to me as I thought this was my soulmate. I was completely broken down and was hurting inside from the loss of my partner. This led me to start thinking about myself. Why was every relationship ending, why didn't it work out?

CHAPTER 17

Fire in my Flat

I started doing some deep thinking about my life and continued to focus my energy in music. I thought to myself how I can become a better person and what I needed to do to achieve this. I began watching some videos on YouTube about life. I found a guy by the name of Jiddu Krishnamurti. He was talking about the spirit, mind, soul and life. There was a playlist called a *Different Way of Living* with Jiddu Krishnnamurti and Dr Allan. This playlist changed my whole life and I began a deeplearning process of finding my inner self. It was a dialogue talking about life and meditation. I began to write notes and watched all the videos to get inspiration. I started to meditate at home by myself. This was a very spiritual thing and I started to see things changing in my mind. Meditation became a habit to me and I would go to Battersea Park and meditate by nature on the grass. A lot of things started to change in my personal life. I started to see visions and had deep spiritual events happening in my life. Then, I went to visit my Nan after she requested to see me; she had a message to tell me. My Nan is an Christian and she believes in God and spiritual things. My Nan said to me, “God going to save your life.” I replied “what do

you mean? I do not know what you are talking about". I left my Nan's house thinking about what she said to me.

On September 30th, 2014, my life would change forever. I was on my bed in my flat using my laptop. I was working on a music video editing and mixing. I was burning candle because I like the light in the dark. I went to get a cup of water from my kitchen. All I remember seeing was this darkness that I had never seen before. It was coming closer and closer as I stood in the kitchen. I knew something bad was about to happen. So, I climbed out of my kitchen window. I proceeded to my neighbor's house to find out what was going on. I went to the balcony and looked at my bedroom window and saw a massive fire. This fire was big and high that I just saw flames everywhere in my flat. I tried to put out the fire but nothing worked. So, I went back to the front of my flat and shouted "Someone, please call the ambulance. My flat is on fire!" I heard people from the other blocks screaming "your house is on fire; your house is on fire!" It was like some kind of joke. I remember sitting on the floor watching my flat burn into flames. All my neighbors in Battersea came out and were gossiping and chatting. Some people were recording my flat been on fire on their mobile phones. I was completely shocked and my whole body was frozen, all I remember was the high level of suffering you can imagine. This was such a shameful and painful experience. I was completely broken, traumatized,

and hurting from this experience. The fire brigade came with an ambulance.

The scene was like a horror movie in reality. There was complete destruction and everything was destroyed. I lost all of my possessions, my home, my relationship, and my job all in one year. This was the fourth loss I experience in my life but by far the most painful loss. This was a near death experience as I was inches away from being burnt alive. The ambulance took me away and I went to hospital to be treated for any damages from the fire.

CHAPTER 18

Mental Breakdown and Homelessness

After I was released from the hospital, I had a major breakdown because the experience from the fire left me feeling depressed. I was officially homeless and was living on the street in Marble arch with homeless people. This was one of the saddest times of my life. I felt so alone and broken down, my emotions and feelings were everywhere and it was very difficult to hold myself together. I decided I needed to run away from London as it was too much to deal with, all the pain I was experiencing. I went on a coach and took a trip to Margate because this was the area where I felt at peace and loved. I reached Margate and went to the beach; it was the first time I felt a little relaxed from what I experienced. After I left the beach, I walked up to the hospital because I want to get help as I was feeling mentally unwell. A nurse came to see me and I started to break down emotionally and mentally on the spot. The nurse stated that I will need to get back into the hospital because I was mentally unstable and needed support due to what I was going through.

CHAPTER 19

Hospitalized in Springfield Hospital

I was put under a section and was sent back to London in an ambulance. I was very hurt and broken because of everything that I had been through. I reached Springfield hospital and had to stay there to recover. At this point, I had nothing; no money, no job, no home, no clothes, and I was homeless. I faced a lot of problems in the hospital and had a lot of trauma and pain in my mind and body. It was very lonely being in the hospital again and my world was completely crushed. I was experiencing real rock bottom and no one was going to get me out of this situation. I made a serious choice which was to find a way to get out of this situation. In the hospital, I spent a lot of my time writing poetry and staying in my room. This time gave me the ideas I was searching for. I realized if I was going to get out of this situation, I would need to carry out some certain actions. Action was the most important thing I needed to do to get back on my feet and come out of homelessness. Springfield hospital was my new home. It was better staying here than living on the streets. I

then decided to start looking for a job as I realized getting a job would help me gain money. With money, I could buy some food, get some clothes, and buy back all of my possessions.

CHAPTER 50

Getting Some Professional Help from NHS

While I was in hospital trying to get back on my feet, I met my mentor and he came to visit me in hospital. My mentor started talking to me about recovery and how I was going to get out this situation. I told my mentor that I needed to find a new job. This was the turning point that changed my life. My mentor was a good man and wanted to help me out.

I really need some support and help for my situation and I was opened to any support I could receive. I realize going through some much trauma and painful life experience would destroy me if I didn't get the right support and help. I knew that finding jobs would be the starting point to get me out my situation and my mentor really supported me and helped me.

CHAPTER 21

Starting my Life Again from Scratch

My life was at rock bottom but I had this burning desire to get out of the situation. I began working on my CV and cover letter as I needed to update the information to help me search for a job. My mentor checked up on me by calling and giving me some advice. I had to start again from scratch, so I decided to look for jobs online. I was using the hospital computer to look for jobs' opportunities. My health started getting better as I exercised and took medication for my depression, psychosis, schizophrenia. As I used to be a tenant before the fire incident, I went to Wandsworth council to tell them that I am homeless and needed somewhere to live. This was the start of my recovery and things were starting to look better. The council said to me "we have found you a hostel to live in," this was a turning point. I was discharged from the hospital and moved into the hostel.

CHAPTER 52

Living and Moving into Different Hostels

The first hostel I stayed in was in Purley. I was receiving employment and support benefit because of my unemployment status. During this time, I started to slowly rebuild my self-esteem and confidence. It was difficult moving back into the society and living on my own again after the fire. I kept on searching for job opportunities at the library. My mentor came to visit me in Purley and we started to talk about how we can keep me well. My mentor said to me “I think you can get a freedom pass because of your mental health condition.” I said “Yes, that would be great”. So, we started to work on getting a freedom pass.

Living in Purley was a quiet experience; the hostel that I stayed in was very nice. It was clean and had internet. Although I had just been discharged from Springfield hospital, I was still finding things difficult as and was suffering with trauma. The council later decided to move me into Streatham, as there was a hostel there that they wanted me to stay in. So, I was kicked out of Purley and moved into Streatham. This

hostel was in a very poor condition and the room was very small like a box. This was a hard experience for me as I was all alone in this hostel. My mentor stopped working due to leaving the NHS.

CHAPTER 23

Paul Dorrington (Employment Specialist)

I became unwell again due to the pressure and anxiety of being homeless and not being able to get a job. So, I went back to Springfield Hospital to try and recover from what I was experiencing. I first met the employment specialist named Paul Dorrington in a ward in Springfield Hospital. We talked about life and where I need to go. This was the first time I opened up to anyone about my own personal circumstances and how I was really feeling at that moment.

I got discharged from hospital and I kept working with the employment specialist. I moved back to the hostel in Streatham and began to live in the small room once again. I kept on applying to jobs online and my hard work finally paid off. There was a job opportunity in Primark as Stockroom assistant working night shifts. I had an interview for the position with Primark and managed to get the job. This was another turning point in my life that changed everything.

Working in Primark as a Stockroom assistant was not the best job opportunity for me to work in but because of my current situation I need to find employment to help me get out of the situation of homelessness and mental health crisis. This was a very important part of my mental health recovery journey because I need employment to earn a living to support myself and help me to get out of homelessness.

CHAPTER 24

Stockroom Assistant at Primark

Getting the job at Primark was a major step forward in the right direction. I was living in a hostel in Streatham, and went to Primark in the night to do my shift. At this point, I was on survival mode. This was a very painful challenging time in my life because I was working in the night time from 18.00 – 06.00 really working very hard to survival and earn a living. I was working every night as a stockroom assistant in Primark pushing delivery up and down the shop floor. I hated my job so much; it was like being a slave but I knew I had to do it because it will help me get back on my feet. I worked very hard at Primark doing night shifts. My routine at the time was work, sleep, work, and sleep. I had no social life and no friends. It was a very de-motivating role and I was very grateful for the employment opportunity but the work itself was draining and time-consuming which was something I hated and didn't like to do.

I began to make friends at Primark and this helped me to gain some more confidence. I made a lot of money during my

time working there and this was the start of my life getting better. I was paying rent in the hostel and doing food shopping. I had to wash my clothes in a bucket by hand. This was a painful time but a real sacrifice. My health was becoming better, I wasn't thinking about my problems as I was too busy working trying to make a living.

Living in the hostel and being on survival mode taught me life lessons about the type of employment and work I wanted to do and also lessons on life that I wouldn't have learnt if I didn't experience the pain, hurt, struggle of losing my home and becoming homeless. This was a very hurtful experience but I need to learnt these life lessons which was priceless.

CHAPTER 25

Karen Meechan (Clinical Psychologist)

Because I had suffered with mental health for most of my life, the NHS helped me to get clinical psychologist named Karen Meechan who I could talk to about my problems. I first met the Clinical Psychologist at Springfield hospital and we sat down and had abrief chat. She wanted to know a bit about my story and how Iwas feeling. So, I began to talk about my story and the way I have been feeling. This was really difficult as it was the first time, I have ever spoken to someone about myself. Meeting the Clinical Psychologist was a real turning point and she really helped me to sort out my mind. My Clinical Psychologist was very caring and kind and always listens to me and what I had to say. We spoke about life, mental health, the past, strugglesI was experiencing, traumas, and other subjects.

Karen Meechan was a very inspirational person in my life and I learnt so much life lessons on Mental Health, Trauma, Past Trauma, coping strategies, mental health recovery through talking with Karen Meechan.

Karen Meechan was the first Clinical Psychologist to listen to my mental health story and not judge my life experience of mental health & homelessness in our conversation. This was so inspirational and inspiring to my mental health recovery because I never ever met someone like Karen Meechan who was so kind and compassionate, empathic towards me. The Counselling/Psychological Therapy Session was the most important sessions for me in my life at that time because I was in a rock bottom situation and mentally going through life challenges and mental health difficulties.

CHAPTER 26

Moving Back to My Flat in Battersea

The council told me that my flat had been refurbished and was ready for me to move back in. This was very hard for me as I didn't want to go back to the flat that nearly took my life. After a lot of thinking, I decided to go back into the flat as I didn't want to live in the Streatham hostel. So, I moved back into my flat in Battersea. The flat was completely empty and had no furniture. My dad helped me to buy a bed for the flat and with the money I save up from working in Primark, I bought back all the possessions that I lost. I was officially back on my feet from being homeless to getting a refurbished flat and having a new job. To get back on my feet took a lot of hard work, sacrifice, and sleepless nights. All of my hard work paid off and when I moved back to my flat, I managed to get a brand-new freedom pass. The freedom pass meant that I don't have to pay for travel, it was completely free. This was very good as I saved a lot of money. My life had changed for the better and I had a new home which was very important to me after dealing with months of being homeless. My life was in order and I had the

support from my Clinical Psychologist and Employment Specialist. It was a real journey to get to this point but I was very happy.

CHAPTER 27

Studying Business Information Technology at Greenwich University and Sale Assistant at TK Maxx

I went to see my Employment Specialist at a café in Clapham junction. We talked about the future and the things I wanted. I was honest in the conversation and said, “A part of me wants to help other people”. The employment specialist said something that changed my life. He said “It’s better to be at the bottom in something you want to do than to be halfway up the ladder in something you don’t want to do”. This was a really powerful statement and it didn’t sink in with me until later on. I told the employment specialist that I was going to obtain a degree in Business Information Technology and I was looking for a part-time job. He looked at me and said, “Are you sure that this is what you want to do?” I didn’t answer the question as I was not sure.

After the meeting, I started searching for jobs online at home. Then I decided to look for jobs more directly by going to

the stores. I started to hand my CVs to shops. I went to Clapham junction and went into TK Maxx and asked the manager if there were any vacant jobs. She answered that some jobs were available and asked if I had a CV. This was the opportunity I had been looking for so I gave her my CV. A few days later, I got a phone call asking me to come in for an interview. So, I went to the interview and got the job. I was now a sales assistant working in TK Maxx. I went to Lewisham Southwark College and started my degree in Business Information Technology. My classmates were nice and the tutor was a good teacher, it made me feel like I was in the right place. But at the back of my mind, I was thinking about helping other people. I had another therapy session with my Clinical Psychologist and we talked about my feelings and the fire incident I experienced. This was a difficult conversation as it brought back a lot of memories and emotions. I told my Clinical Psychologist I had been finding it hard to deal with all the problems I have experienced. She said to me, “It will take time to deal with all of your problems and that is why you are having a therapy so you can find a way to overcome with it”. The therapy session was really good and I felt like I learned a lot from talking about my problems.

CHAPTER 28

Helping a Guy Who Had a Bike Accident

One day, I was at college sitting in class and my tutor was teaching computer programming. I felt very bored and was not interested in the subject. I went out of the classroom to make a phone call to my Nan. I love talking to my Nan about many things. I said to my Nan, “I have a passion for helping other people”. My Nan said to me “Do what you feel passionate about”. I decided to leave college, so I packed all my belongings and left the class. This was the last time I attended college. On my way home in the bus, I thought about how I could help other people. Then something happened in Battersea, there were a lot of traffic and the bus was not moving. I saw a crowd of people standing in the middle of the road. Something had happened and everyone was trying to find out what it was. I got off the bus and ran to join the crowd. I saw a guy lying on the ground; it appeared like there had been an accident. The guy’s bike was in the middle of the road, he must have been knocked off his bike. There were two women next to the guy trying to help him. I decided to go over and

help as everyone in the crowd were just chatting and gossiping. The guy was in a poor state, he had cuts all over his body, his head was damaged, and he was in serious pain. I held the guy's head and started to help him. He spoke to me saying "I can't breathe, I can't breathe". This was scary for me but I remained calm and said to him, "It will be okay, we are getting more help for you". The ambulance came to the rescue. The scene got a bit rowdy and the police was trying to stop cars from coming into the area where the guy was lying.

The ambulance team started to operate on the man in the middle of the road. I and the two women were listening to the ambulance team and helping out in any way we could. The guy's condition got worse and they had to do an open-heart surgery as his body was shutting down. The ambulance team then said they have got it under control requested that we move away" Not like they were rude, they just wanted to save the guy's life. So, I moved across the street and joined the crowd that were watching. At the end of it all, the guy never made it as he died on the spot. A police woman came to me to break the news. I started crying, my heart was broken. I couldn't believe the guy had died. The police woman took me into a police car and started to calm me. She said "well done for try to save this guy life, it was very brave of you. This is the part of my job I hate; I don't like seeing someone die on the scene". I was in shock and kept on crying, I then said "people were just standing there talking, chatting, and gossiping when

there was a guy losing his life, it is so nasty". I and police woman looked at each other and hugged. This was another turning point in my life and I made a decision to always help other people full-time from that day.

Watching a guy die was by far the hardest experience I have been through, but it taught me the ultimate lesson whichwas helping other people. I called my employment specialist on the same day and said "Paul, I have just been through a very difficult time". The employment specialist replied, "Tell me all about it". So, I started to share and cry about what I had just experienced. The employment specialist asked "What do you want to do about it now?" I said the words in my heart completely connected to what I was trying to say. I said "I want to help other people full-time within my life and make a real difference to people's lives". The employment specialist said "I will support you all the way to make your dream of helping other people come true". This was the day where I devoted my life to helping other people and giving back. This is a massive decision that I made on that day because it was a life changing events that really made me realize the important of helping other people and giving back. Sometime in life we don't fully understand why we go through serious life situations in our lives that shapes us to the person we need to become to be. In my life it was this serious life experience that made me realize I have 1 choice to made now. Helping other people and making a difference. This was very important change in my life and I

realize that I am going to devoted my whole life to helping other people full time in all the work I do. This was a spiritual mission and calling in my life that change me forever. I had a very deep passion for helping other people and live a life where I am helping other people and giving back. This is very important and my life change to helping other people. I truly respect Paul Dorrington & Karen Meechan for their support because it motivated me and push me to really want to help other people and give back.

CHAPTER 29

Co-Facilitator at Mind (Wandsworth)

I met the employment specialist one day and we started talking about where I wanted to go. I told him that my heart was calling me to help other people. Turning point – a job opportunity to work for Mind as a Co-Facilitator helping people with mental health came. My employment specialist told me about this job opportunity. Part of my employment specialist's job was to help people get back into work and do something they really enjoy. I had the interview on my birthday, it was a good day and I got the job. I was so happy that I got the job, it was amazing. It was my employment specialist that showed me how to help other people and even how to get jobs in helping other people.

Working for Mind was the best job I ever had in my life. We were helping people who had serious mental health problems like bipolar disorder and schizophrenia. We ran groups where I would talk about how you can maintain your health and wellbeing, coping strategies on how to deal with mental health, and ways to recover with hope and inspiration. It was

this job that really changed my life. As I was working with service users, I could see the changes in their development and life. This was when I realized this is what I wanted to do with the rest of my life. Working at Mind as a Co-Facilitator was so good and I enjoyed the time working there. I was a student studying Business Information Technology, working at TK Maxx as a sales assistant on the weekend, and working at mind as Co-Facilitator part-time every Thursday.

CHAPTER 30

Turning Point

As time went on, I realized that all I wanted was to help other people and give back. One day at college, I was sitting and looking at everyone. At that moment, I realized this is not what I want to do. I didn't know why but my heart was not in it. For some reasons, it just didn't matter about earning money and becoming a computer programmer. It just felt meaningless. So, I made a decision to help other people full-time. This is what I was passionate about and really wanted to do. I spoke to my Clinical Psychologist about it, and she said "It's up to you, but are you not going to study anymore?" I replied "I do want to study but not in that subject as it doesn't matter to me." I spoke to my employment specialist, and he said "Chris, follow your passion." He was very understanding and I need that advice at the time. So, I made a choice to help other people full-time. There was no going back on this decision and this choice was something that was going to affect the rest of my life.

CHAPTER 31

Quitting my Business Information Technology Degree at Greenwich University and Leaving Sale Assistant at TK Maxx

From this moment on, my main focus was on helping other people. One day, I had a meeting with my tutor from college. I told my tutor that I didn't want to study this course anymore. She asked me, "Why have you changed your mind about studying this course?" I said "I do not have passion for IT anymore, that I want to help other people." She said to me, "There is so much money you can make in IT and there are a lot of jobs in this industry". I said "I just don't want to do the course anymore; please, can you take me off the course?" My tutor was shocked at my decision because she could not believe I wanted to leave the course.

After that conversation, I never went back to the college again. This was the last time I saw all the other students and

tutors. I made a big step to stop my studies to pursue working to help other people but it felt like the right thing to do. Then I went to TK Maxx, my manager wanted to talk to me about something. She said “your performance at work has not been great and your attendance is very low, so because of this, we are letting you go and you have to leave TK Maxx.” I said “this is okay and I fully understand.” To be honest, I was happy about leaving TK Maxx, the job was boring and I hated been on the till service with negative customers. After the meeting with the manager, I went back and finished my shift. I was so happy that I was leaving the store and didn’t have to work there anymore. That was my last shift at TK Maxx and in a retail store in general. I was now only working as a Co-Facilitator at Mind. I was so happy that I was making the right choices for myself and helping other people. At this point, I decided to look for another full-time job, so I started applying for jobs online. I also went to a job agency to ask if they had any job vacancies in mental health.

CHAPTER 32

Support Worker at Reamcare

I continued searching for a job and my hard work paid off as I was offered a job with a company called Reamcare, to become a support worker helping children with autism and learning difficulties. I had an interview with the manager and they asked some hard questions but I managed to do well. A few days later, I got an email stating that I got the job. I remembered the amazing joy I felt in that moment. I was ready to help people full-time and become a support worker. I had to tell my current job about the good news, so I told my manager at Mind that I had found a new job as a support worker in Reamcare.

My manager was shocked but happy for me. I said “I need a reference from Mind to help me get into the new job”. They were happy to provide a reference for me which was nice of them. This was my last day at Mind, it was a very emotional day and everyone was sad that I was leaving. It was good seeing all the service users get to the end of the program in our workshop and seeing them in their recovery. This was the first step of pursuing my career and the building of my own

personal joy and happiness of helping other people. I was ready to work full-time and make a difference to the children's lives I would be working with.

CHAPTER 33

Loss Support Worker Job at Reamcare

I started to work at Reamcare full-time as a support worker. Working with children was fun and interesting. I learned a lot by working with the children. I thought if I work in the care environment, there would be people who are compassionate, kind, caring, loving towards other people. But unfortunately, this was not the case. As I was working at the job, people in the workplace started to talk about me and gossip about my performance at work.

One day, my manager called me into the office that she had something to say to me. She said “there has been an issue that has been raised about you and the children.” I replied “I am not sure what you are talking about”. My manager said “well, people have been saying you been sleeping on the job and didn’t get help for the children when you were outside in the public”. I said “this is not true!” My manager then said “because of all these things, we are terminating your contract”.

At this point, I was completely shocked; I have only been at Reamcare for one month and was about to be fired. This was a painfully experience which really hurt me bad. I had one week before I had to leave Reamcare. I had five shifts to complete. This was very hard to do because I had to work in a negative environment where people were talking behind my back and all of my colleagues knew I was getting fired. I decided to work and finish my shifts at Reamcare because I enjoy working with children. It was a hard experience to say goodbye to the children after working with them for a month. I left Reamcare, and I was completely broken as I really liked the job with passion. I realized this was another life lesson I needed to face. This taught me a very important lesson which was not to trust people and that there is no such thing as job security. I remember been at home, thinking about how people could be so unkind and cruel. They made me build a bond with the children and then broke it like it meant nothing.

Reamcare didn't respect their staff and I felt so unhappy and sad that I loss a job that I was passionate about but it was a very important lessons learnt. I realize I need to work in an organization who would respect the service and work that I provide to my clients and I would need to work for employers who want me to succeed within my careers and respect my contributions to clients.

CHAPTER 34

Heart Operation

After losing the job, I was left unemployed with no income. Luckily, I had saved up money which I was now using to survive. I was suffering from a heart condition called Wolf Parkinson White Syndrome which is a heart condition that affects the heartbeat. I had been waiting for an operation to cure the condition for some time. I had to go to the hospital for a heart operation. This was a scary moment for me. This was going to be a big operation and I didn't know what to expect. Before I went into the hospital, I met my twin brother and I thought that would be my last moments. I talked to him about helping other people and how much I loved him.

The day came and I went to Royal Brompton hospital. I was seen by a nurse and she took me to a waiting area. I had to wait for a bed to be made. After thirty minutes, the bed was ready for me. I was all alone with my thoughts racing on the bed, feeling nervous. There were lots of patients in the room where I was staying, all were waiting for operations. As I was resting in the hospital, the nurse asked "would you like any dinner?" I said "yes, please". So, I had some food which was

really good. After dinner, I was on my mobile phone watching music videos. It was getting late, so the nurse turned off all the lights. I went to bed and tried to relax myself.

The next day, it was time for my heart operation. I was worried and scared as I had never been through this type of experience. I had a shower and brushed my teeth. I got dressed into the hospital clothes and waited patiently. The doctorcame in to see me, and they said “we are going to operate on you today and we have to put you to sleep to do this, are you ready?” I replied “okay, that is fine, but I am a bit worried”. The doctor said “you have got nothing to be worried about; we have done this lots of time before”. The nurse helped me from my bed and moved me downstairs to the surgery room. At this point, I became nervous. I was moved into the surgery room where I could see all the doctors. After this, I was put to sleep and do not know what happened next.

After the heart operation, I was sent to the recovery room before I woke up. I woke up and saw all the doctors looking at me. The doctors revealed that the operation was successful and that I can go home when I feel better. I was moved back upstairs into the bay room where I was before. I felt really sick and started to vomit in a bowl. The nurse was by my side looking after me. Thank God for the wonderful support of the doctors and nurses. After the operation, I was only resting my body and mind as I had to recover. My twin brother came to visit me, which was nice. We had a chat about life and how

things were going. It was good to spend time with my twin brother as I needed his support.

CHAPTER 35

Recovery and Reflecting

I was discharged from hospital on 8th of June, 2016. I felt like a new person inside; I felt really good but my body was hurting me. I decided to walk home from the hospital as I had been resting on a bed for a few days. I went home to my flat and it felt weird being back at home. The doctor told me to rest and take things easy until I fully recover. So, I went into the bath and had a wash. After my bath, I went straight to bed as I was too tired. I had a lot of time to reflect about my life. I started to think about everything I went through. All the problems and mistakes I had made up to this point. This was a time out from my busy lifestyle of working and living, for the first time, I had time alone to myself. I started to write down the goals I would like to achieve. There were a lot of things that I wanted to become. I thought long and hard about these choices I was jotting down. I wanted to become an Evangelist, Author, Mentor, Life Coach, and Motivational Speaker. What I wanted to do – tell my story to the world, travel around the world, go to the gym, get involved in helping other people with different charities, and give money away to church and charities. I wanted to have – a family, business, build a ministry, and build

a charity for people with mental health and those who were homeless. This was a detailed list of be-do-have list. This is what I was aiming for in my life now. As I was still unemployed and recovering, I decided I need to start looking for job again in my field, mental health.

I was focused on achieving my dreams, desires, goals because they were very important to me and going through self-reflection completely transform me and made me wiser.

CHAPTER 36

Support Worker at Care Management Group

After spending days searching for a job, luck came on my side and I managed to secure a job interview with a company called Care Management Group. This interview went really well, the next day; the manager said I got the job as a support worker. This was amazing; it only took me a week to find a new job since I had my heart operation. I got the job in August 2016, and I was now officially working as a support worker in Care Management Group. In this job, I had to support people who had mental health and challenge behaviors. This job was very hard and difficult, and really challenged me because the clients I served were very unwell and depressed. I had to do personal care on the clients like – shaving, washing, and cooking for the clients. These clients were so unwell and could not do their daily basic duties throughout the day. In this job, I had to stay focused and motivated to serve these clients because the job was so demanding and stressful.

After a month of being in the new job, I realized that this job was not for me and I needed to leave this position. So, after

work, I had to start searching for a new job again in mental health and to find other charities and organizations I could work for.

This job was not a good job there was too much hard labor and it was very difficult to support clients who was mentally very challenging and emotionally unstable which sometimes cause me distress and sad because I felt so sorry for the clients who I was support and help in this role.

CHAPTER 37

Finding My Faith – Spirituality – Christianity and Going to Church

I realized that I needed to build a connection with God as I do believe that God is the creator of everything in the universe and that God has helped me to become who I am today. My faith has always been a very important part of my life and I always believed in God and Jesus Christ. I started to attend Lighthouse Chapel International church every Sunday and devoted more time to God. Church was interesting and I learned a lot about the Holy Bible and Christianity. I met a lot of good friends at church and built bonds with all the pastors at my church. I then made a choice to get baptized and devote my life to become a true Christian.

One day at church, my pastor said during service that we are doing baptism and that we can get baptized in the swimming pool today if we want to be born again and devote our life to God. That was what I had been waiting for, when the service ended, the baptism began. When I got baptized, it was me, Reverend T, and other members of the church who were with me. I asked one of my good Christian brothers to record

my baptism. The members of the church were singing songs and I then went into the water and got baptized. This was one of the most important moments of my life because I became a true Christian who was born again. All of the past things that happened to me up to this point had been washed away. I could start a new life as a Christian and devote my life to helping other people. This baptism really changed my life and I thanked Reverend T. for baptizing me.

After the baptism, I still spent time going to the church and learning about Jesus Christ. The more I went to church, the more my faith grew and I started to fall in love with God and Jesus Christ. I would always listen to message from the founder of my church, Dag Heward Mills, which would give me inspiration and motivation. Dag Heward Mills is the Head Pastor of Lighthouse Chapel International and has built churches all around the world since he started his ministry in 1987. Dag is also an Evangelist who has saved millions of souls in his ministry. He is one of my biggest inspirations as a Christian because he really loves God and has devoted his life to the church and the ministry. I also read books written by Dag that helped me to understand God and Jesus Christ and how to live a life worthy of grace and salvation.

One day, I was at my mother's house thinking about evangelism and helping my church to win souls. I watched a sermon on TBN UK and it was talking about "this is your day and you are going to achieve greatness within your life because

you honor God". I was so inspired by the sermon and then realized I want to start my evangelism that night. It was about 03.00am when I left my mother's house, and while I was outside, I began to evangelize. I spoke to many people on the bus and on the streets on my way home, teaching people the gospel of Jesus Christ. I was saying scriptures like John 3.16, Romans 1.16, and John 14.6, trying to get non-believers to follow Jesus Christ. I was good at evangelism and really felt fulfilled and anointed when I did it. I then began to evangelize when I had spare time in my local community and with my church. When I read in the bible about anointing and how one can become spiritual fulfilled from God, I was like I wanted this anointing and spiritual enlightenment.

On another day, I was evangelizing at Vauxhall in South West London near my home and I met this guy. He was wearing a suit, tie, and looked very smart. I asked him, "Do you believe in the gospel of Jesus Christ?" He said "No, I do not". I then told him, "You need to be saved and born again". We then had a discussion about God, Jesus Christ, spirituality and life. It was a really interesting conversation and I learned a lot from this stranger. I always remember this story because this guy was a true non-believer and he thought his life was great when it really wasn't. Going to church, evangelism, praying, reading the bible, and listening to messages helped me to become a better Christian. I started getting more involved in my church by become an usher as well, which was very good for me to

help my church by helping other Christians. So, I was now an evangelist, usher, and true Christian, and I felt really happy because God is the most important thing in my life and I was honoring my relationship with Him. In my Christian life, I listened to a lot of pastors and church workers like Joel Osteen, Victoria Osteen, Dag Heward Mills, TD Jakes, Joyce Meyer, and Joseph Prince which has all influenced me to become a better Christian and stay in my walk of faith. By reading the bible nearly every day, my relationship with God has grown and I know that God loves me for who I am and not the mistakes that I have done.

Finding my faith & spirituality has become the most important thing in my life and my relationship with Jesus Christ & God is everything to me because Jesus Christ & God saved me in 30/09/2014 from the fire. My faith has become very important to me and learning so much from Dag Heward Mills and my pastor helped me to do the work of Evangelism as an Evangelist.

CHAPTER 38

Casual Worker at Richmond Fellowship

My hard work paid off again and I found a new job in an organization called Richmond Fellowship, as a Causal worker. I had an interview for the job position in Richmond Fellowship and the interview went well. After a few days, I got a phone call that I got the job and can start as soon as possible. This was great news for me and I was glad that I was leaving Care Management Group. My last shift at Care management group was good and I said goodbye to all the colleagues that I was working with. I left Care Management Group on September 2016. It took a couple of weeks to get the paperwork done for Richmond Fellowship job as a Casual Worker, and I started the new position in October 2016. In this job, I was bank staff so I didn't have a permanent contract which meant I had more flexibility in the role. As a Casual Worker, I had to serve people who had mental health conditions and people who were living in support housing. There were a few housing projects that Richmond Fellowship had in Ladbroke Groove that I had to work on.

This job was by far one of the best jobs I ever had. All the staff was kind, friendly and helpful, and we all got along with each other. People respected me in this job and I enjoyed helping other people at Richmond Fellowship. I had to do one-on-one jobs with clients, supporting clients with housing, benefits, and helping clients to get repairs sorted out in the houses they were staying in, and administration work. I loved this job and enjoyed the team and clients. I realized in this position; I would need something more permanent later on after I have been here for one month. Because I was working part-time on a flexible contract, I started thinking about doing some volunteering as I had spare time on my hands. I started looking for volunteering positions on Do It Org. I wanted to become a mentor and fulfil one of my personal dreams. I was still going to church every Sunday, ushering and doing evangelism after church, I was still working as a Casual Worker in Richmond Fellowship and now I was looking for volunteering positions as a mentor.

CHAPTER 39

Mentor at Mind (Brent)

Searching for volunteering jobs finally paid off when I was offered a position as a Mentor (Volunteer) to work in Mind in Brent. I had the interview with the manager and she started asking me questions about becoming a mentor. As I started answering these questions, I told her my story of how I had mental health issues and the struggles working in the mental health industry. I and this manager made a connection during this interview, and the interview changed when we both started talk about our mental health and how we overcame our mental health conditions. This was one of the best interviews I have had and the manager gave me the job on the spot. I was so happy and fulfilled, and I said to myself, “One of my dreams is going to come true, this is amazing and exiting”. After the interview, I was introduced to the person I would be working with as a Mentor in Mind (Brent) head office. The client I was working with he was a young person who suffered with mental health. In our first meeting, I had to listen to client story of how he developed mental health issues and how he has been struggling to cope with it. I was very happy and

fulfilled, and I really listened to client because I wanted to help him.

After our first meeting, we both agreed that we would do our mentoring sessions in a café near Mind (Brent) and discuss how we are going to move forward. I left Mind (Brent) feeling like I can really help my client and make sure he gets into a better place in his life. Shortly after our first meeting, we started meeting and began our mentoring sessions together in a café in Harlesden. During the mentoring session, I would help my client talk about how he was feeling and some of hisdreams and desires that he wanted out of his life. Being a Mentor taught me vital skills like listening skills, communication skills, interpersonal skills, empathy, compassion, and understanding people's problems. Throughout our mentoring sessions together, I helped client togo back to college and study English, as well as helping him getan apprenticeship in an organization that help people get backinto work. As a Mentor (Volunteer), I devoted my time to one person and I made a real difference in client life. It was so rewarding to be a Mentor and I really loved the experience thatI gained by volunteering. I became a mentor in March 2017 and finished mentoring with the client in November 2017. Mymanager was one of the most supportive managers I have everhad in my career and she helped me to achieve this dream of becoming a Mentor. I thank my manager, Maneet

Relom, for giving me the opportunity to become a Mentor and make an impact on someone else's life.

When I finished my mentoring, I decided to search for a job in the NHS. I spoke to my employment specialist over the phone and asked him "What is the best way of getting a job in the NHS as I want to work for the organization". My employment specialist said "Let me come down and show you how to get a job in the NHS".

CHAPTER 40

Peer Support Worker at CNWL

I met my employment specialist at a café in Clapham Junction, and we looked at job positions in the NHS. While I was with him, I saw a job opportunity on the internet for a position as a Peer Support Worker, so I applied for the position with my employment specialist help. I was taught how to apply for a job properly by my employment specialist that helped me to search for different job positions I wanted too. A few weeks later, I had a job interview for the position of Peer Support Worker. I remember seeing the manager and two other staff members in the interview. I had to share my personal story in ten minutes and convince the manager and the other staff members that I was the right candidate for the job. The interview went well and they liked my story and who I was as a person. After a few days, I got a phone call that I got the job. I felt so happy and joyful because another dream was about to come true. I joined the NHS in June 2017 and I started working in Gordon Hospital, which is a private hospital in Vauxhall/Victoria. A Peer Support Worker is someone who has experienced mental health issues and uses their own experiences to inspire other people who have mental health. I

started working in the NHS and it was so amazing. I enjoyed being a Peer Support Worker and sharing my own mental health experiences with other patients in the mental health wards at Gordon Hospital. In my day-to-day duties, I had to run workshops/groups talking about ways to recover from mental health, provide one-on-one emotional support to the patients I was working with, do paperwork and administration in the office, share my recovery story and how I managed to rebuild my life. The team that I worked with was filled with nice people and I had two main managers that I had to report to in this position. I was learning so much as a Peer Support Worker and growing within the role. This was the first ever Peer Support Worker role I have ever done and I really did enjoy the team I was working with.

After some time working in the NHS, my performance started to drop due to encountering serious problems in my life. I was taking more days off work and not telling my managers where I was. This became a real concern for my managers and the rest of the team. There was an opportunity to become a qualified Peer Support Worker by studying a course in Developing Expertise in Peer Support in the university. This is what I was looking for and one of the main reasons why I join the NHS. I started studying the course and I met other Peer Support Workers who had similar conditions as me. Some of the Peer Support Workers I met suffered from mental health issues and others suffered from drug/alcohol

addiction. Learning and meeting the other Peer Support Workers made me realize how important and special it was to be a Peer Support Worker working with the NHS. I found studying this course intense and I was struggling emotionally due to the problems I was facing in my life. During my studies, I was not focused and concentrating on the course. My teacher started noticing something was wrong with me.

CHAPTER 41

My Mother Having Breast Cancer and the Death of my grandfather

While I was working as a Peer Support Worker (Part-time), Casual worker (Part-time), and Mentor (Volunteer), consistently working all three jobs, I was dealing with a lot of things within my family. One day, I was working in Richmond Fellowship when I got a phone call that would change everything. Someone in my family called me to tell me that my grandfather had passed away. This was a big shock and I felt sad. I reported at my work that my grandfather had just passed away and I needed to be with my family. My manager and colleagues all supported and told me to go home and be with my family. So, I left work and went to my Nan's house. I saw all my family at my Nan's house crying for my dead grandfather who was lying on the bed dead. This was horrible and the pain that my family experienced was very hard. The undertaker came to my Nan's house and took my grandfather's dead body from the property and put him inside a black bag. This was one of the most shocking things I have seen and I felt a deep sadness and pain from my grandfather passing. Shortly after my grandfather died, I got the news that my mother had breast

cancer. This was very hard to deal with and I started to cry and get emotional.

I was at work the day I got the news of my mother's predicament. So, from my mother been diagnosed with breast cancer and the death of my grandfather, I was dealing with a lot of negative experiences as I was working in my career in mental health. These experiences had a negative effect on me at my main job as a Peer Support Worker. I had a meeting with my teacher and manager, and we discussed my future with the NHS and the university course. We all agreed that it may be best if I stopped my studies at the moment due to the problems I was facing in my family. This hit me hard like a thousand bricks; I was completely hurt by the news. I worked so hard to get to this point in my career for everything to all go away. My manager did not like the fact that I was not performing well at work, so she sent me to occupational health to get some support for my bereavement and mother's cancer.

CHAPTER 42

Julie Pearson (Mental Health Employment Programme Coordinator/Staying Well)

I went to occupational health in the NHS to talk to a doctor about my mental health, bereavement, and mother's breast cancer. It was a very personal meeting and the doctor said: "I may know someone who can help you stay in work and keep you in your position as a Peer Support Worker". The doctor said her name is Julie Pearson; she was a staying-well-at-work coordinator that helps staff stay at work and remain well. I agreed with her that I needed someone to help me deal with what I am going through. I first met Julie Pearson at the hospital of occupational health and we had a meeting. I told Julie a bit about myself and what I was currently going through. Julie understood me and said that she wanted to help me come to terms with what I was going through at the moment.

A few days later after the meeting, I went back to work with Julie Pearson supporting me. I was still my working three jobs and would see Julie one day every week. Julie started to

work with me and we would talk about my recovery and how I can stay at work as a Peer Support Worker in the NHS. Julie was so inspirational and kind and helped me to see some facts about myself and the way I was performing at work. My managers were happy that now I was getting support plus I had extra support from a Senior Peer Support Worker named Blagica, who I would have supervision with once a month. Slowly my performance started to improve and with Julie and Blagica's help, I managed to stay in the job for a longer period without getting fired. Peer Support Worker role was really good but I was struggling to deal with my mother breast cancer and grandad death.

During my time at NHS (Gordon Hospital), I was helping my mother go through her treatment of breast cancer and attended the funeral of my grandfather. Because of the problems in my family life, I started to build this anger and frustration towards my family. I hated some of the people in my family and didn't like how my family was treating each other. The anger was a build-up of all the sufferings I had experienced in my life from mental health, abortion, deaths of a loved one, mother becoming ill, loss of homes, and loss of jobs. There were so many things I was going through that made me angry and I wondered why I suffered so much. I spoke to Julie, Blagica, and Paul about my anger, and they all tried to help me get over it. I realized that I could not do all three jobs all at once anymore, so I decided just to focus on the Peer

Support Worker job. Being a Mentor had ended; I also ended my work as a Casual Worker in Richmond Fellowship. There was another volunteering opportunity that came up with the charity Mind, a phoenix recovery volunteer. I have always wanted to be a phoenix recovery volunteer and I decided that I wanted to do this volunteering position with Mind in Camden. Volunteering was very important to me and I wanted to help other people and give back.

CHAPTER 43

Phoenix Recovery Worker at Mind in Camden

I began working as a Phoenix Recovery Volunteer in April 2018, which was one of the best experiences I ever had. Being a Phoenix Recovery Volunteer was very rewarding and fulfilling, I helped people who had mental health conditions. As a Phoenix Recovery Volunteer in Mind in Camden, I had to provide one-on-one emotional support to the clients, cook lunch, run the groups, make cups of tea and coffee and socialize and engage with them. I worked every Sunday from 12.00 to 16.00. I met other volunteers in this job who was so helpful and inspirational to the clients. We all loved helping other people and giving back, and we all valued being a Phoenix Recovery Volunteer. My manager was a good man who always put in massive effort to make sure that the group was a success. I also continued working as a Peer Support Worker (Part-time) for the NHS (Gordon Hospital), and on my days off, I would volunteer as a Phoenix Recovery Volunteer at Mind in Camden. I worked as a Phoenix Recovery Volunteer for three months and finished my volunteering in June 2018

because I wanted to complete my course in Life Coaching that I was studying and set up my own business in Life coaching. I spent over £4,000 on this course and my employment specialist recommended it to me because he studied the course and set up his own Life Coaching business. I decided that after being a volunteer as well as working as a Peer Support Worker that I wanted to become a Recovery Worker.

While I was at work as a Peer Support Worker, I sat down with Julie and talked to her about wanting to leave this job and work in the community. I felt like working in Gordon Hospital was good but it was not suited for me because I prefer to work in the community and help people there as I had done it before in my career. Julie helped me to look for work in the community and I applied to a few job positions as a Recovery Worker. I still was struggling with sadness and anger while I was working as a Peer Support Worker and I wanted to become happier at work. Shortly after applying for a few jobs position, I got interview opportunities for two organizations, Look Ahead and Hestia. This was a great opportunity and I realize that working in the Community would be a much better environment than in mental health hospitals.

CHAPTER 44

Mental Health Recovery Worker at Look Ahead

I had my first interview with Look Ahead for a job position as a Mental Health Recovery Worker. The manager asked me some tough questions but I was good at the interview and they saw my potential. A few days later, I had my second interview with Hestia for a Recovery Worker job position. This interview was intense and I managed to handle myself in the interview and performed well. After doing both interviews, I thought that it only a matter of time before I got a new job, I was very confident about how I did in the interviews. I got a call back from both organizations that I got the job offers. I was so happy I got the job for Look Ahead and Hestia but I had to choose this point. And I chose to go with Look Ahead because I liked the managers who interviewed me and saw that Look Ahead was a good organization to work for. With Hestia, I had problems before getting into the organization when I tried to get a bank job before.

I finally left Gordon Hospital (NHS) in September 2018. On my final day at Gordon Hospital, we had a party to celebrate

my work, there with my colleagues and managers. We had nice food and drinks and enjoyed ourselves which was nice of my team to do. I started working in Look Ahead as a Mental Health Recovery Worker in November 2018 working within a recovery house. Becoming a Mental Health Recovery Worker was one of my dreams as I have always wanted to be a RecoveryWorker ever since I started in the mental health industry. Working as a Mental Health Recovery Worker was very good and rewarding and I learned so much about the customers I was serving. The day-to-day duties as a Mental Health Recovery Worker was doing one-on-one keyworker sessions with the customers talking about how they are feeling and doing support plan sessions to have a plan in place for the customers' recovery, doing paperwork and administration, providing emotional support for the customers, working as a team to ensure the recovery house was running successfully. Iloved this job and it gave me a lot of personal satisfaction and fulfilment. This was a very responsibility role which means I had to work very productively and effectively to help clients inwhat they are going through. Mental Health Recovery Workeris always about providing Mental Health Recovery.

CHAPTER 45

Getting Diabetes

While I was working as a Mental Health Recovery Worker, I started to feel tired all the times and burn out. At first, I thought it was because I was working so hard with my job support people who have mental health conditions. I was finding it hard to sleep, having nightmares, kept on going to the toilet all the times, and was not eating much food. I knew something was very wrong in my body so I went to the GP to get a health check. When I went to the GP, the doctor ran some tests on me. The doctor revealed to me that I may have a type of diabetes and I needed to go into the hospital straight away because this is a life serious condition. I was shocked after I heard this as I have never ever heard of diabetes before this point. I went to St Georges' hospital and the nurses and doctors confirmed that I have diabetes type 1. This was going to change my life forever because I was no longer able to eat sugars or fast food any more due to being now a diabetic. I was very shocked and unhappy because this would change my life and my diet. I stayed in the hospital from April 17th to April 23th 2019. During this time in the hospital, I started to reflect on my life and how these experiences were affecting me. It was

a hard time and I was very sick in the hospital. The doctors and nurses looked after me in the hospital and I went home on the 24th of April 2019. Of course, at this time, I was sick and off work because of my diabetes and being ill. I let my managers know that I would be unable to work until the 1st of May 2019 due to the doctor's advice of having an extension week off work to recover.

From April 24th, 2019 to May 1st, 2019, I was at home recovering from my treatment of my now new diagnosis of diabetes. I was going to the gym and eating very healthy foods and learning about diabetes. I had appointments to see my diabetes team and nurses who were helping me to control my diabetes. I eventually went back to work on the 1st of May 2019 and started to help other people again as a Mental Health Recovery Worker. It was a massive change for me to come back to work because I have been off work for so long. At this point in my life, I had mental health conditions of schizophrenia, psychosis, depression as well as diabetes life conditions. These two conditions had a major effect on me and for my mental health, I had to take medication and for my diabetes, I had to take injections. I thought I was a healthy person and I never thought I would get diabetes but sometimes, it due to one's family genetics.

CHAPTER 46

Personal Joy and Spiritual Fulfilment

Today in my life, I have had eight jobs in the mental health industry, two volunteering job positions and six paid employment positions. My career means so much to me and I am very grateful that I have been able to help lots of people in my life. I have been working in mental health for four to five years now and the journey of my career progression has been exciting and amazing.

My dreams and desires are to be a;

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician
- Teacher

- Counsellor
- Entrepreneur
- Millionaire

Right now, in my life, I have achieved five of my dreams and desires and it feels so good and fulfilling to me. I am chasing after my dreams and desires every single day and I want to become the best version of myself. I am a devoted Christian and still attend church to honor God and Jesus Christ. Now in my life, I still talk to my employment specialist (Paul), not receiving counselling/psychological from Karen Meechan, still talk to Julie Pearson sometimes. My mother has recovered from breast cancer and she is now well and healthy. My family has gotten over my grandfather's death by spending time together and enjoying life as a family.

I am still currently studying Life Coaching in the coaching academy and I am going through the course to become a qualified Life Coach. I would like to own a Life Coaching business in the future which I am working towards today.

The joy and fulfilment I experience is a spiritual thing and I have become so happy in my life due to all the difficult experiences I have been through. I now see the pain as a reward and everything I have written about in my life story is my reward to me. I have grown as a person and become more fulfilled by pursuing the work of helping other people and giving back in my life every single day. The work that I do now

in my life gives me personal satisfaction, joy, happiness, and fulfilment which have helped me to cope with what I have been through.

I live in Battersea in a Studio flat by myself and I am single and not in a relationship at the moment. I love music, Gym, fitness, reading, audiobooks, food, drink, and learning.

For the anger that is still in my life at the moment, I talk to the Samaritans who help me to cope with my feelings and emotions and give me the space to open up and share what's on my mind at any time.

The person I am today is due to everything that I have been through and I would not change any of the experience that I have gone through because it makes me the man I am today.

My favorite quote is "It not the problems that make you who you are, it is the person you become that makes you who you are".

I am living proof that you can go through so much in your life but achieve real greatness, success, prosperity, and achievement.

I am now a student of life and I love learning about life and how we can become what we want to be by learning from life and our own life experiences.

My Life story is real and I have enjoyed the experience of writing this book about who I am and what I have gone through.

The lessons I learned from this book are:

- Help other people and make your difference in the world
- Pursue your dreams and desires
- Become happier and more fulfilled by doing the things you love to do
- Always learn and grow as a person
- Be what you want to be and become the best version of yourself
- Helping other people is not about you! It about the people you serve and the difference you make in their life
- Look after yourself and invest in who you are
- Earn money to help other people and make the world a better place
- Problems are there to serve you to make you stronger, resilient, and persistent
- Love God and honor your faith
- Giving, joy and fulfilment is the secret of life

I thank you for reading this book and hope you enjoy my life story.

Thank you, Christopher Liam Rose.

CHAPTER 47

Thank You

I want to say Thank You to Jesus Christ & God for making write my Life Story in a Books and for all the learning & life experiences I have been through because it made me into the person, I am in my life today.

I want to say Thank You to Paul Dorrington (Employment Specialist) for helping me when I was homeless and getting me into the Mental Health Industry where I can help other people & give back. Paul Dorrington is my hero in Mental Health work and Paul Dorrington taught me about life, mental health, employment, mental health recovery, spirituality.

I want to say Thank You to Karen Meechan (Clinical Psychologist) for helping me in therapy and showing me the work of Helping Other People. Karen Meechan is my hero in Mental Health Work and Karen Meechan was the first Clinical Psychologist that understood my pain & suffering. I have much love and respected for Karen Meechan.

I want to say Thank You to Samaritans (Volunteers) for listening to me when I feel Anger & Upset due to Life experiences. Samaritans has been a great charity for me

personally, and I truly respect the Samaritans for all their great work and now I give donations to Samaritans.

I want to say Thank You to Julie Pearson (Staying Wellbeing Coordinator) for keeping me in employment when I was going through challenging life experiences. Julie Pearson really taught me about resilience & persistence in employment.

I want to say Thank You to Dag Heward Mills for showing me how to work in Ministries & within my faith for Jesus Christ & God. I have understood and learnt so much from Dag Heward Mills Sermons which has guided my Christian life & Spiritual life to become an Evangelist & Teacher in Faith.

I want to say Thank You to Jiddu Krishnamurti for showing Freedom and Spirituality. I have learnt so much from Jiddu Krishnamurti teachings and I believe that Spirituality has become the most important thing in my daily life.

CHAPTER 48

Jesus Christ & Jehovah

I want to really appreciate the importance that Jesus Christ & Jehovah has on my Spiritual Life & Christian Life. This book was inspired to share my Life Story and Testimony of all the life experiences I have been through because I found my faith in Jesus Christ & Jehovah. My Spiritual life is the most important part of my life and I understand the important of Spirituality and Christianity.

Jesus Christ & Jehovah are my true inspiration for writing this book and sharing my life story. Going to church and being a part of the congregation has been one of the most fulfilling and rewards things to be a part of. I was not always going to church and there was time in my life when my faith was weak but now that I am a Christian, Evangelist, Teacher in the Christianity Faith I realize my life purpose and life calling is to help find people to Jesus Christ & Jehovah and help other people in what they are going through. I truly hope this book has helped you to find your own faith & spirituality and I believe that your faith has grown since reading my life story and life journey. Please believe in Jesus Christ & Jehovah and

honor your faith at all times because your relationship with Jesus Christ & Jehovah is the most important relationship you have within your life.

Thank you so much Jesus Christ & Jehovah for making write my life story.

Jesus Christ & God has been a real inspiration for me and I am very happy and grateful that Jesus Christ & God made me into a Spiritual Christian.

CHAPTER 49

Spiritual Change

I want to say to the reader about the Spiritual change I went through in my life story and how Jesus Christ & God change my consciousness into helping other people and give back. When I went through the fire and loss my home and all of my possessions, I was going through a serious spiritual awakening which transform my life for the better. At the time when I was experience all of these spiritual experiences my spiritual and consciousness was changing spiritually and I was becoming reborn. I realize that Jesus Christ & God wanted me to change spiritually going there was a spiritual path they wanted me to go into. I learn from the spiritual change that I have experience from losing my home and all of my possessions that I am met to become an Evangelist – Teacher – Musician – Motivational Speaker. Even doe I have lots of dreams and desires which I have shared in this book this was the spiritual life path that Jesus Christ & God wanted me to do. I feel spiritual fulfilled and happy because I have change spiritually and I have been helping other people and giving back for 10 years. Spiritual Change become the most important thing in helping other people and giving back. I believe if I didn't spiritually change

my life wouldn't be how it is today and I am not happy about my past mistakes but I am happy about the spiritual change I have experience.

Now that I have spiritual change and have been recreated in my soul and spirit, I believe Jesus Christ & God want me to contribute to millions and billions of people worldwide. I have a true desire for helping other people, music, evangelism, Motivational Speaking and I believe the spiritual change I experience comes from Meditation, Mindfulness, Prayer.

I believe when you confess your sins to Jesus Christ & God and make the choice to spiritually change and help other people then Jesus Christ & God will help you in your spiritual journey. I also knew from a young age that I will have spiritual talents and gifts for Music, Writing, Faith, Spirituality but I didn't understand how I would ever use the gifts I have been given.

Spiritual Change to me means freedom from the known and Spiritual Freedom. Because I have change spiritually, I realize that my passion, life purpose, spiritual path has completely changed into helping other people.

In my past I wasted lots of time dealing with negative life experiences and mental health difficulties but somehow all of my life experiences have helped me to spiritually change and help other people.

To be very honest I was not thinking of become an Evangelist or Teacher because I had a passion in music, arts, positivity, creativity. I believe Jesus Christ & God put the desire in my heart to win souls and help other people.

My work and my spiritual calling are all about helping other people and give back.

I have the ability to make a difference in people lives wherever I go and my spiritual faith keep me motivated and driven to help other people and give back.

I can never change my past life experiences but I can change the future and promote Spiritual Change and Spirituality.

I am more of a Spiritual person then religious person even doe I am a Christian and believe in Jesus Christ & God.

I believe when I did meditation – mindfulness – prayer my life slow and gradually change into Spirituality and Truth.

Spiritual change is Spiritual Truth and now I understand all the hardships, disappointments, struggles, challenges I have been through has all lead to this life purpose of me helping other people and giving back.

I love my career in mental health industry, I love my work, I love my walk with Jesus Christ & God and I appreciate all the things I have.

I remember when I was homeless that one day I would get out of that situation and make a significance difference into people lives.

I truly believe that Spiritual Change is the most important thing and when you Spiritual Change Jesus Christ & God will set you free and you will live Spiritual Truth.

Change is Now – The Future Is Now

I would recommend to the reader to find ways to Spiritually change and help other people in what they are going through.

Your life changes when you decided to change

- Spiritual Change means Spiritually Helping Other People Today (Now)

Christopher Liam Rose Books

1) Christopher Liam Rose Life Story (Part 1)
2) Be What You Want To Be
3) The 15 Successful Habits
4) Selfless
5) Anointing
6) Life Purpose
7) Helping Other People
8) Giving Without Receiving
9) Fulfillment
10) Learn
11) It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
12) The Evangelism Ministry
13) Learning Is A Part Of Living
14) The Self Is The Problem
15) I Don't Want
16) No Self
17) Miracles
18) Christopher Liam Rose Journal 2015 – 2016
19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
20) Losing, Sacrificing, Suffering

21) Observation

22) Christopher Liam Rose Testimony

23) SGR BOOKS – Christopher Liam Rose Music Discography

24) Christopher Liam Rose Journal 2018 -2019

25) Christopher Liam Rose Life Story (Part 2)

26) Christopher Liam Rose Life Story (Biography)

27) Imperfection To Perfection (Repentation)

28) Christopher Liam Rose Journal 2019

29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)

30) Losing Is Inevitable

31) Christopher Liam Rose Life Story (Part 3)

Christopher Liam Rose Social Media Websites

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Podcast Website - https://christopherliamroseministriespodcast.buzzsprout.com/

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Amazon Music - https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose

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